October 7, 2020
Dear Parents,

On November 13, 2020 the Belvidere High School National Honor Society will be conducting a Mobile blood drive at the High School with appointments from 8:30 AM to 1 PM for the Miller Keystone Blood Center. The school is requesting that all students (16 or older), unless emancipated, that want to donate must have parental permission. Students that are 16 have a separate form required by the blood center. If you agree to have your child donate, please fill out the bottom portion of this letter for your son/daughter and have your son/daughter return it to Mrs. Geisinger (room 221) either as a hard copy or PDF as soon as possible. Thank you for your support. If you would like to donate, you can go directly to the website and sign up:

https://donor.giveapint.org/donor/schedules/drive_schedule/82513

STUDENT: _____________________________________ (Please Print)

PARENT: ______________________________________ (A signature acknowledges that you know your son/daughter will be donating blood on November 13, 2020 and that you give your permission to do so. Students must provide a parent/guardian signature to participate.)
Before Your Donation

Eat & Hydrate
• Be sure to eat a hearty meal before your donation. Choose salty food because your body can lose up to 2 mg of salt during donation.
• Drinking plenty of water or non-caffeinated drinks will help ensure that you have a pleasant donating experience.

Donation Process
• The Whole Blood donation process, from registration to refreshments, takes approximately 45 minutes. The actual donation time is less than 15 minutes.
• The Double Red Blood Cell donation process takes 1 to 1 ½ hours.
• The Platelet donation process takes about 2 hours.

During Your Donation

Step 1: Registration
• Present your Miller-Keystone Blood Center Donor ID Card or proper identification (e.g. photo ID including first and last name, student or work ID)

Step 2: Mini-Physical
• During the mini-physical, we check temperature, pulse, hematocrit and blood pressure.

Step 3: Donor History Questionnaire
• For your convenience, you can answer your donor history questionnaire on the day of donation prior to arriving for your blood donation using iScreen at www.GIVEaPINT.org/iScreen. If you cannot access iScreen prior to your arrival, you will have the opportunity to answer your questions in a secure, private setting at the Blood Center or blood drive.
• You will be asked to answer questions about your health history, travel and lifestyle.
• All information gathered is kept strictly confidential.

Step 4: Donate
• A trained Collections Specialist will select the vein to be used and clean the area of the arm that will be used for your blood donation.
• Once the needle is in place, you’ll squeeze a ball to keep the blood flowing.
• To reduce the chance of a reaction, contract the muscles in your lower body by alternately raising a foot a few inches off the chair for a few seconds at a time.
• After your donation is complete, the needle is removed and a pressure wrap is applied.
• We ask that you keep your bandage on and dry for 24 hours.

Step 5: Relax and Replenish
• For your safety, you will be asked to sit on the edge of the phlebotomy bed for 1-2 minutes. You will then be asked to stay in our canteen for at least 15 minutes, where you will sit, relax, and have a snack and drink.

After Your Donation

Hydrate
• Drink plenty of water or non-caffeinated and non-alcoholic drinks for the rest of the day to restore your fluid balance. Relax
• Avoid strenuous activity or heavy lifting after your donation.

Check Your Mini-Physical Results
• After 24 hours, go to the My Profile section of www.GIVEaPINT.org to see all your mini-physical results that were taken the day of your donation.
• If you feel sluggish, drink electrolyte replacement fluids (e.g. Powerade®/Gatorade®) and get plenty of rest.
• If you feel light-headed, lie down and prop your feet up higher than heart level until you are feeling better.
• If you do not feel better call Diane L. Wiest, RN at 484-225-8351, or email dwiest@GIVEaPINT.org. If you feel it is a true emergency, call your family physician, visit the closest medical facility or dial 911.